

* News *

Our office will be closed on
December 26, 2016
January 2, 2017



Please plan ahead for the holiday season and pick up your supplies early!

Relaxation workshop:
“Don’t let the holidays stress you out”

Come learn some breathing exercises and mini relaxations to help get you through the busy holidays.



December 21st
9am-10:30am

Relaxation Lounge at
The Diabetes Center for Excellence
RSVP required
please call 358-9667 by Dec 20
8 spots available

Guided Relaxation
Fridays
9:50-10:15am
Relaxation Lounge
No RSVP required



Diaphragmatic Breathing
Progressive Muscle Relaxation
Visualization

Guided Relaxation Sessions are also available by scheduling group or individual appointments

THE POOL IS OPEN!

Supervised Swim

Mondays & Wednesdays:
4:00-5:00pm

Fridays:
8:00-9:00am

Water Aerobics

Thursdays:
5:15-6:15pm



Don’t let the weather stop you from exercising!

***Skating**
***Walking**
***Snowshoeing**
***Skiing**

Tewatahita Walking Trail is maintained all year for safe outdoor activity.



Exercise Classes: Move For Health

Nurse supervised exercise classes
Must be enrolled in LGHP.
Monday-Thursday
8-9am, 9-10am, 10-11am, 11-12pm

Community Classes: No registration required

Body Works
Monday & Wednesday
4:30-5:15pm

After Hours Fitness
Monday & Wednesday
5:30-6:15pm

Public Fitness
Tuesday & Thursday
12-1pm

Water Aerobics
Thursday
5:15-6:15pm

Club Circuit
Friday
9:00-9:45am

Supervised Swim
Monday & Wednesday:
4:00-5:00pm
Friday:
8:00-9:00am

All exercises classes offered by the Let’s Get Healthy Program are free to ages 18 and older

Please wear comfortable clothes, bring clean/dry sneakers and a water bottle.

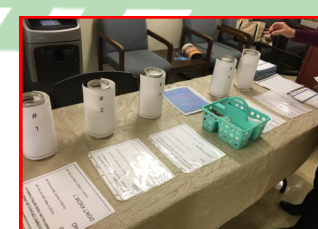
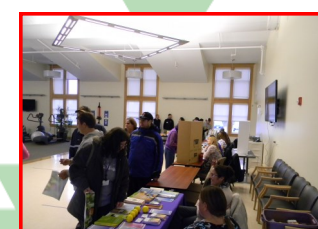
Helping Build A Better Tomorrow



Tsiothóhrha/December 2016

Tsitewatakari:tat/The Let’s Get Healthy Program
Diabetes Center for Excellence
66 Business Park Road
Akwesasne
518-358-9667

World Diabetes Day 2016



World Diabetes Day 2016

The Let’s Get Healthy Program celebrated World Diabetes Day on Monday November 14, 2016 at the Diabetes Center for Excellence. Our active Move for Health Participants were invited for an in-house health fair offering information and education from different health vendors to attend before or after their work out. Our Registered Dietitian Heather Pontius served up some tasty samples to test and provided recipes. Later in the day, Nurse Case Manger Janine Rourke, provided Blood Sugar and Blood Pressure screenings to employees and Community Members at the Saint Regis Mohawk Tribe’s Community Building. It was a highly successful day providing one on one education and information to over 50 participants!

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Nutrition

Six Ways to Keep Your Health a Top Priority This Holiday Season

#1: Focus on Friends and Family. Holidays are a time to slow down and spend time with friends and family, instead of focusing on food, play a game together, volunteer as a family, catch up, go outside and make memories.

#2: It's a Party, But Don't Overdo It. Choose the foods you only have once a year, eat slowly and really enjoy the foods you choose. If the holiday meal is around the same time as a regular meal, choose the same amount of carbohydrates you normally would have. Resist going back for second helpings. If you plan on having dessert, cut back on the carbohydrates you choose at the meal.

#3: Bring What You Like. Instead of stressing about what foods will be there that you can have and the carbohydrates in each food, bring something you like, do your research ahead of time so you know the serving size and the amount of carbohydrates per serving.

#4: Drink in Moderation. If choosing alcoholic beverages, remember to have a snack with it to prevent low blood sugar later on. The recommendation is no more than 2 drinks for men and no more than 1 drink for women. To help control glucose levels it is best to stay away from drinks mixed with regular soda, or cocktail mixers that are sweet, like margarita /daiquiri mixes.

#5: Stay Active. One reason we struggle to maintain weight and glucose control over the holidays is that we are not as active. Keep up with your regular exercise routines and schedule time to exercise if you have a busy schedule. If you have vacation check out some of the free classes at The Diabetes Center! Plan a walk with your family after a holiday meal. Invite a friend to exercise with you.

#6: Get Back on Track. Instead of focusing on a meal that you overindulged on, an exercise class you missed or a dessert that had too many carbs, look ahead to the next day. Start fresh with exercise, glucose monitoring and meal planning.

Information From: American Diabetes Association
www.diabetes.org

Standards of Care and Clinical Practice Recommendations for Type 2 Diabetes Referral for Medical Nutrition Therapy provided by a Registered Dietitian When should you see the RD?

- * At diagnosis of diabetes
- * At least once per year after diagnosis
- * As often as needed to prevent complications and to meet nutrition goals

At The Diabetes Center for Excellence we have our very own Registered Dietitian.
Heather Pontius has been with The Let's Get Healthy Program (diabetes grants) for 8 years.

Nutrition Services Include:
Nutrition counseling-weight loss counseling
Diabetes Prevention and Diabetes education

Hands on learning with cooking demonstrations, supermarket tours, recipe modifications,
meal planning workshops.

If you would like to schedule and appointment with our RD, call today! 358-9667

Don't forget about your beverages.

A small hot chocolate from Tim Horton's has 9.5 teaspoons of sugar (38 grams carbohydrate)
A small hot chocolate from Dunkin Donuts has 7.5 teaspoons of sugar (30 grams carbohydrates)

Program Information



The pool is open!
Classes start December 1st

Here are a few items to get started:

Check with your doctor before starting any exercise program, including water activities

- ◆ A signed copy of the "Diabetes Center for Excellence Pool Regulations" must be on file before utilizing the pool
- ◆ All participants are required to sign in and out for each instance of pool usage
- ◆ Lockers and showers are available to participants
- ◆ You must bring your own towel
- ◆ Locks and personal items must be removed from lockers each day. Locks left on overnight may be cut
- ◆ Any person knowingly having a contagious skin condition, for example, poison ivy, shingles, scabies or any type of rash, sore or inflamed eyes, cold, nasal or ear discharge, incontinence or who has an open wound such as a blister or cut will not be permitted in the pool
- ◆ You must be at least 18 yrs. old to utilize the pool

There are designated "supervised swim" and water aerobics classes. This will be the only time the pool is available.
Please see our fitness calendar for class times and descriptions

All classes are free and open to the community
For more information, call 518-358-9667

Let's Get Healthy Program Community Classes

The Let's Get Healthy Program's Community Fitness Classes are free and open to ALL community members and Tribal employees. No pre-registration or appointments are required! Classes are held at the Diabetes Center for Excellence. For classes held after business hours, please use the side entrance in the back of the building. For more information, please see our monthly Community Fitness Calendar or call our office at 518.358.9667. The following are community class days and times:

Body Works– Mondays & Wednesdays: 4:30-5:15pm

After Hours– Mondays & Wednesdays: 5:30-6:15pm

Public Fitness– Tuesdays & Thursdays: 12:00-1:00pm

Club Circuit– Fridays : 9:00-9:45am

**** NEW****

Supervised Swim– Mondays & Wednesdays: 4:00-5:00pm
Fridays: 8:00-9:00am

Water Aerobics– Thursdays: 5:15-6:15pm





Nurse Care



CELEBRATE ADVANCES IN DIABETES CARE

As a Diabetes Nurse Educator, the month of November appears as the time to celebrate advances in diabetes care. I pondered how to share the news as a one-pager. As I was reading through some professional newsletters, I decided to“BORROW” from the headlines!! My goal is simple-To share what’s shaking in the diabetes world-right now!!. Please enjoy the read and if I can help to find out more for you, just give me a shout!! Niawen-Janine Rourke, RN, BSN, Diabetes Nurse Educator-LGHP.

HEADLINES from Clinical Endocrinology News and Endocrine today-OCTOBER 2016 issues:

CABG (Coronary Artery Bypass Graft) Safer in Diabetes with Kidney Disease.

Paraphrased-*Chronic kidney disease is common in patients with diabetes. Dr. Baber reviews the Freedom trial- Most people would say that a heart attack is an inconvenience...a stroke is a life-changing experience...*

Four-step screen ID’s (identifies) silent heart attack in type 2 diabetes.

Paraphrased-*“By combining these four factors, we came up with a tool that has a diagnostic area under the curve of 0.85 ‘as a statistical significance’. The screen employs noninvasive imaging and biomarkers to tap multiple clinical hallmarks of silent MI (myocardial infarction, i.e. heart attack) in persons with diabetes...*

Liraglutide cuts risk of microvascular renal complications by 22%.

Paraphrased: *In the LEADER trial, Liraglutide (marketed as Victoza), showed to decrease the risk of renal (kidney) complications by 22%...*

Continuous glucose monitors advised in type 1 guidelines.

Quoted: *“A new practice guideline from the Endocrine Society recommends continuous glucose monitoring as the new standard for tracking blood sugars in adults with Type 1 diabetes”...*

FDA approves first automated insulin delivery system

Paraphrased: *The first of its kind technology can provide people with type 1 diabetes greater freedom to live their lives without having to consistently and manually monitor baseline glucose levels and administer insulin.*

Experts push to move ‘beyond HbA1c’ as main measure of diabetes outcomes.

Paraphrased: *For nearly 3 decades, HbA1c has been the accepted gold-standard measurement of diabetes outcomes (3-month average of glucose to assess diabetes therapies)...Advances in diabetes technology, including continuous glucose monitoring (CGM) paint a fuller picture of daily glucose.*

Changes in body weight, fitness influence CVD (cardiovascular) incidence in type 2 diabetes.

Paraphrased: *Adults overweight or with obesity and type 2 diabetes who lost at least 10% of their body weight or increased their fitness by 2 metabolic equivalents saw a 20% reduction in risk for cardiovascular (heart) disease.*

CLOSING THOUGHTS: November reminds us how diabetes affects so many. I feel it also prompts us to reflect on the many different opportunities patients with diabetes have today. No doubt, this condition is a major blow to newly diagnosed persons. We know early diagnosis is truly beneficial. Having better meters, insulin pumps, more choices in medications, more education and professional experience adds to the formula of living longer and better. Join us at Tsitewatakari:t and let us put our best foot forward to help you and your family in diabetes care and diabetes prevention.

Prevent holiday weight gain and excess stress by ensuring you get 8 hours of sleep, drink plenty of water, and try to exercise at least 30 minutes each day.



For more stress management tips, check out our Relaxation Workshop December 21st at the Diabetes Center for Excellence



Fitness



7 Tips to Stay on Track Through the Holidays

Be Real:

Set realistic goals for yourself. For example, at dinner plan to fill up on protein and veggies first, then allow yourself a small piece of cake or pie.

Always Arrive Half Full:

Before heading out to a gathering that will be socked with candy, cookies and eggnog, have a healthy snack beforehand.

Shop Well for yourself:

Stock your kitchen with healthy foods, always have healthy snacks handy.

Schedule your exercise:

Treat your workout just like any other appointment, try not to skip.

Hydrate:

Keep water on you at all times. You should be drinking eight - 8oz glasses of water daily.

Become a morning Person:

Try to get your workout done in the morning! Between shopping, office parties, family gatherings, it’s hard to exercise later in the day.

Get some sleep:

Getting less than 7-8 hours of sleep can have many adverse effects on the body. Skipping sleep increases cortisol levels, which in return increases belly fat, but also going through the day with little sleep increases overeating. The more tired we are, the more we are willing to turn to sweet & salty food.



“Daily Functional Five” Workout

“These exercises should serve to improve the strength needed to function in life, to live without pain, relatively speaking, to sleep well and maintain a level of energy one needs to get through the day.” – Kimberly Watkins, Fitness Expert and CEO of inSHAPE fitness and inMOTION exercise on Demand.

Walk-Out Push-Up

This move targets multiple groups and incorporates multiple planes of movement, and therefore accelerates the heart rate. Start standing with your feet hip-width distance apart. Slowly fold forward at the hips, reaching your hands to the floor. When your hands touch the floor, slowly begin to walk them forward until your spine is neutral and you’re in the push-up starting position. Perform a full push-up and then walk your hands back towards your feet and slowly roll your spine up, one vertebrae at a time, to return to the standing position.

Standard Squat

Stand with your feet apart, directly under your hips. Stand up tall, pull your shoulders back, lift your chest, and pull in your abdominal muscles. Bend your knees while keeping your upper body as straight as possible, as if you were lowering yourself onto a seat behind you. Lower yourself as far as you can without leaning your upper body more than a few inches forward. Be careful not to lock your knees when you reach a standing position.

Jumping Jacks

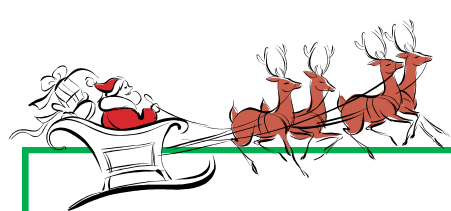
A dash of plyometric is so beneficial when it comes to functional fitness. Stand with your feet hip-width apart, a slight bend in your knees and your arms by your sides. Simultaneously jump, raise your arms overhead and spread your legs out to the sides. Land on the balls of your feet with your legs apart and with a slight bend in your knees to absorb the shock. Immediately jump again and bring your arms and legs back to the starting position to complete one jumping jack.

Hip Bridge

Foot placement, weight distribution and breathing are vital elements. Lie on your back with your arms long at your side and your feet directly under your knees, closer than hip width apart, but not touching. Inhale to feel the length in your spine and exhale as your bring your ribs into the mat, pressing into your feet as you lift your hips off the mat. As you come up, the weight should be even in your feet and shoulder blades. Inhale at the top and exhale as you bring your spine down the mat from the top.

Plank

Various combinations of muscles are utilized, improving core strength and stability. Rest your body on your forearms with your palms flat on the floor. Shoulders are aligned directly over your elbows. Make sure that your legs are straight behind you with your ankles, knees and thighs touching. In a push-up motion, raise your body off the floor, supporting your weight on your forearms and your toes. You should have a straight line from your feet to your head. Make sure that your back is flat and your head, neck and spine are in a straight line. Keep your abdominal muscles engaged and do not let your stomach drop or allow your hips to rise up. To avoid letting your hips or buttock rise up, tilt your pelvis towards the floor. Remember to breath. Inhale slowly and exhale steadily. To begin, hold this position for 20 seconds. Repeat 3-5 times.



Holiday Treats



Balsamic Bruschetta

Makes: 8 servings

Ingredients:

8 Roma (plum) tomatoes, diced
1/3 cup fresh basil, cleaned and chopped
2 cloves garlic, minced
1 TBSP balsamic or white balsamic vinegar
1 tsp olive oil
1/4 tsp ground black pepper
1 loaf multigrain French bread



Directions:

Preheat oven to 400 degrees.

In a bowl gently toss together the tomatoes, basil and garlic. Mix in the balsamic vinegar, olive oil and black pepper. Serve on toasted bread slices.

For the bread:

Slice 1/2" thick slices at a diagonal.

Brush with olive oil and rub with a peeled garlic clove, toast in the oven just until toasted, watch carefully!

Optional: top with grated parmesan cheese

Grapes and Cheddar Cheese

Ingredients:

Red and green grapes, washed and patted dry
Reduced fat sharp cheddar cheese



Directions:

Using clean, dry grapes, cut in half lengthwise. Add a few of each color grapes to a festive cup or miniature cupcake wrapper.

Cube the cheese into bite size pieces and add a few pieces of cheese to each cup. Serve chilled.

For Something Extra:

instead of making cups use festive holiday picks and alternate the cheese and grapes for fruit and cheese snack skewers.

Why its healthier:

When choosing cheese try choosing a brick cheese that is reduced fat or made with 2% milk over the original version, they will be lower in calories and saturated fat.



Fun, Healthy and Festive!



Baking Tips for Healthier Treats

Choose Healthier Fats:

Substitute canola oil for butter, margarine, vegetable oil, and other fat in recipes. Avoid using stick margarines in baking. You will decrease the saturated and trans fat and increase the healthy monounsaturated fats.

More Fiber:

Choose a white whole wheat flour for baking. If a recipe calls for 1 cup of flour, use 1/2 cup all purpose flour and 1/2 cup whole wheat flour. Milled flax seed can also be used in baking, it adds fiber and can be used in place of eggs or oil. Read the package directions.

Applesauce:

Replace half the fat in a recipe with unsweetened applesauce. In general, boxed mixes, like brownies, or cakes, you can use all applesauce and no fat. For each Tbsp of fat replaced, you save 15 grams of fat.

When replacing the fat in a recipe with applesauce, lower the baking temperature by 25 degrees and check often.

Dairy substitutions:

Use skim milk or evaporated skim milk in place of cream or whole milk. Replace sour cream with plain yogurt and choose low-fat or fat-free cream cheese, ricotta, etc...

What about the eggs:

For each whole egg, replace it with 2 egg whites in a recipe. That cuts cholesterol from 215 mg to 0mg! 1/4 cup of egg beaters is equal to 1 egg and can be used in place of whole eggs with great results.

Spice it up!

Cut half the sugar in a recipe and not even know the difference. Instead add in a dash of cinnamon, a splash of vanilla, or a sprinkle of nutmeg. When cutting back on sugar add in a Tbsp of juice or skim milk to keep the batter moist.



Sweet and Spicy Toasted Mixed Nuts

Makes: 2 cups

Ingredients:

1/4 tsp of each:
cinnamon
cumin
chili powder
chipotle pepper
cayenne pepper-*optional*



1/8 tsp ground nutmeg
3 TBSP butter (*or buttery spread*)
1 cup walnuts, shelled
1 cup pecan halves, shelled
1/4 cup brown sugar (or splenda brown sugar equivalent)
1 TBSP water
1 tsp Worcestershire sauce, low sodium

Directions:

In a small bowl combine all spices, set aside. In a large skillet, melt the butter over medium heat. Add the walnuts and pecans, cook until toasted, about 4 minutes, stirring occasionally. Once toasted and fragrant sprinkle with spice mixture. Add the brown sugar, water and Worcestershire sauce. Cook and stir for 1-2 minutes or until sugar is melted. Remove all from the pan and place on foil lined cookie sheet to cool. Store in an airtight container.

Why its healthier:

By making this snack yourself you can control the amount of salt added to the recipe. You can also choose heart healthy nuts like almonds, walnuts, pecans and pistachios.

SERVING SIZE of nuts is a small handful, no more than 1/4 cup.

Peppermint Cheesecake

Ingredients:

1 teaspoon peppermint extract	2 packages (8oz each) 1/3 less fat cream cheese, softened
6 drops of red food color	1/2 cup granulated sugar
One 9 inch graham cracker pie crust	2 eggs
3/4 cup low fat sour cream	

Directions:

Preheat oven to 350 degrees F.

In a large mixing bowl, beat the cream cheese and sugar until light and fluffy. Add the eggs and beat well. Add the sour cream and vanilla, mix well.

Place 1 cup of the mixture in a small bowl and stir in the peppermint extract and the food color. Mix well. Pour the "white" portion into the graham cracker crust and smooth the top.

Drop the "red" mixture by spoonfuls into the mixture already in the crust and swirl with a knife to create a marbled effect.

Bake for 35 minutes or until edges are set. The center will be loose. Allow to cool for one hour, then cover and chill at least 6 hours before serving.

Top each piece with a dollop of light cool whip and crushed candy canes if desired.

Nutrition Facts: Per slice
Total Calories: 265
Total Fat: 14g
Sodium: 292mg
Carbs: 25g
Sugar: 17g
Protein: 8g



The holidays are coming, stay active and fit during the holidays. Make a plan and stick to it. Plan your physical activity for early morning before you are up to your ears in wrapping paper, tape and ribbons.